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fibres and bundles due to the progressive loading and ultimate tissue deformation. This correlates to the linear to end-linear phase of the structures stress-strain curve. In addition, the rapid stress-relaxation mechanism that is associated with oscillatory Maitland mobilisations causes tissue to more rapidly reach a ductile state than with sustained mobilisations, leading to the earlier attainment of plastic deformation. The microfailure associated with plastic deformation affects the physical relationship between collagen, associated macromolecules, and the ground substance of the extracellular matrix, and is necessary to achieve permanent lengthening. In addition the collagen is also stretched along the lines of stress leading to collagen realignment. This process is known as Davis's law of soft tissue remodelling, and is analogous to Wolff's law of bone remodelling. Although this law is more often associated with muscle lengthening it implies that all soft tissue, including periarticular tissue, seeks metabolic homeostasis commensurate to the stresses being applied to it. A result of this realignment, and particularly the microfailure that has been induced, a known cycle of tissue inflammation, repair, remodelling and consolidation occurs. This subsequent cellular proliferation and matrix remodelling is medi-

ated by the upregulation of insulin-like growth factor (IGF-I), along with cytokines and further growth factors. With an anteroposterior grade IV mobilisation of the talus, these adaptations result in an increase in the dorsiflexion ROM through a restoration of the accessory motion that has been limited by the restricted periarticular tissue. The benefits of which is a reduction in functional deficits, disability, and injury risk for those who have suffered injury to the lateral ligaments of the ankle.

Christopher is a Graduate Sports Therapist and a Certified Strength and Conditioning Specialist. He is a Senior Lecturer in Sports Therapy at the University of Worcester and runs his own successful private Sports Injury Clinic. He has significant experience within professional and semi-professional football, as well as working with athletes from a variety of other popular sports. At present, Christopher also leads the Sports Therapy provision for the Worcester Wolves professional Basketball team, and the Wales under-18 Basketball squad. His research interests focus on the use of mobilisations to treat dysfunction in individuals with chronic ankle instability.